



5 or more servings of fruits and vegetables

Fruits and vegetables are important additions to a healthy lifestyle! They provide a lot of nutrients, water, fiber, and phytochemicals that keep your body healthy and help prevent cancer, heart disease, and other diseases. Plus, they're a tasty way to fill up without adding a lot of calories to your diet – so dig in!

- Try to fill half your plate with fruits and vegetables at each meal, and consider getting an extra piece of fruit that you can take with you for a snack later in the day.
- For flavorful vegetables without a lot of added fat, look for offerings that are raw, steamed, baked, or roasted. Ask for sauces or dressings on the side and use them sparingly.
- Vary your vegetables and fruits - eating a mix of colors will ensure that you consume a variety of healthy antioxidants!

2 or fewer hours of recreational screen time⁺

⁺ review guidelines on parenting strategies to encourage quality screen time (AAP, 2015)

Recreational screen time is free time spent in front of screens – like televisions, video games, and the Internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time – so find other fun ways to spend your free time!

- Turn off televisions and put away cell phones during meals and enjoy spending time with others.
- Try to identify a variety of activities that you enjoy that do not involve screens. Invite others to join you!
- Make televisions, video games, and the Internet less convenient to use during free time so that healthier choices are easier to make.

1 or more hours of physical activity

Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night – plus, it can be a lot of fun! Look for activities you can enjoy with others to help keep one another on track!

- Socialize with others over activities instead of over food – walking in the park, competing at the laser tag arena, or hitting some balls at the driving range make fun alternatives to chatting at the coffee shop.
- Walk or bike to get where you're going.
- Exercise with like-minded friends or sign up for a charity walk – if you're accountable to someone else you may be more likely to stay active.

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).

- Make water the norm for quenching thirst – drink water when you are thirsty, and encourage others to do the same!
- Nonfat and 1% milk and 100% fruit and vegetable juices contain beneficial nutrients as well as calories, so think of them as foods that can contribute towards a healthy diet rather than beverages to drink when thirsty.
- Consider limiting your consumption of artificially-sweetened beverages like diet sodas.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or www.militaryfamilies.psu.edu for help identifying programs and resources targeting nutrition, physical activity, and screen time!